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Vol. 4



A MONTHLY JOURNAL,

DEVOTED TO

— AND THE —

APPLICATION OF THOSE LAWS

— IN THE —

PRESERVATION OF HEALTH AND THE TREATMENT OF DISEASE

July, 1869.

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BATTLE CREEK, MICHIGAN:

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THE *April, 1893*
Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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THE HEALTH REFORMER,
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TO REFORMERS.

O ye who with undoubting eyes,
Through present cloud and gathering storm,
Behold the span of freedom's skies
And sunshine bright and warm,

Press bravely onward; not in vain
Your generous trust in human kind;
The good which bloodshed cannot gain,
Your peaceful zeal shall find.

The weapons which your hands have found,
Are those which Heaven itself hath wrought;
Light, truth, and love, your battle ground,
A free broad field of thought.—Whittier.

General Articles.

The Principles of Health Reform.

THIS number of the REFORMER will fall into the hands of many who know comparatively nothing of the object of its publication, or the principles it advocates. For the benefit of such, and for the further enlightenment of those who need to "learn the way more perfectly," we give a brief and comprehensive synopsis of the fundamental truths upon which the system of Health Reform is based. The object of this reform is two-fold: *First*, the preservation of health, or prevention of sickness, and, *secondly*, the proper treatment of disease, so that health may be recovered. The result reached in carrying out these principles is a *reform* in the health of those who embrace them; hence the term, "Health Reform."

It frequently happens that those who know

the least of a system of truth, are loudest in their denunciations of its principles and object. So it is, unfortunately, with the health reform. Some claim to "know all about it," when they in reality know nothing. Others, taking their cue from the misguided zeal of some fanatical extremist, or from the foolish extravagances of the hobby-rider, or man of one idea, have been led, and perhaps not without some reason, to entirely misjudge the whole system, and cast it aside or refuse to investigate its claims.

Under such influences as these, the system has been misnamed, or nicknamed, "the water-cure," "the starvation system," "the bran-bread cure," and like contemptuous titles, until the public mind has been prejudiced to such an extent as to prevent, to a great degree, the examination of the principles upon which it is based. That such titles have no foundation in fact, will appear upon even a slight examination of the claims of the reform itself. To disabuse the minds of the prejudiced, is, in part, the object of this article. And in the investigation of this subject we will notice

I. THE PREVENTION OF SICKNESS.

The opinion has prevailed in the world for ages in the past that sickness is a mysterious dispensation of Providence; that disease is an *entity*, or thing, that comes and goes at will, and over which man has but little or no control. The health reform explodes this absurdity, by proving

1. That disease is simply a remedial process, or the effort of nature to expel impurities or remove obstructions from the system; and

2. That all sickness proceeds from the violation of law.

The first of these propositions we will notice in another place. The second will occupy our immediate attention. That matter is governed by fixed laws, will be admitted by

for women steadily gaining on the medical colleges for men; and we are glad to notice, as auspicious signs of the times, that some of the Eclectic and Homeopathic colleges are opening their doors and inviting the women to enter. We do not give them any credit for this. They have done all they could to keep women out of the profession, and now the same spirit of selfishness prompts them to admit her. Finding that she would get into the medical business in spite of them, they make a virtue of necessity, and generously admit her. They think it the better policy to keep her in due subjection by faint patronage than to have her become professionally independent.

But, all women physicians ought to be of the Hygienic school. To see a woman dealing out the deadly drugs of Poisonopathy seems more revolting than for a man to do so, probably because we are less used to it; just as it shocks our moral sense more to see a drunken woman, or a profane one, or a tobacco-using one, than to see a man addicted to those vices. We have full faith, however, that, very soon after women get a controlling influence in the profession, let them adopt whatsoever "ism" or "pathy" they may, they will throw all the physic of druggery to the dogs, and practice the healing art as it is in nature, common sense, and Hygeio-Therapy.

Homeopathic Provings for Woman.

OUR infinitesimal friend, Professor Carroll Dunham, M. D., of New York, in the *Woman's Advocate*, calls on the women physicians of the Homeopathic persuasion to co-operate in the business of ascertaining the therapeutic properties of drugs. He says:

The Homeopathic Materia Medica has been constructed by the voluntary labors and sacrifices, chiefly, of men who have proved drugs upon themselves and their associates. But provings by men, upon themselves, throw no direct light on the action of drugs upon the peculiar organism of women. It is my desire to engage as many women (physicians and others under their guidance) as possible in the work of drug-proving, during the coming year.

What a confession is there, my countrymen! For nearly half a century our Homeopathic brethren have been dosing women and children, with no guide except the provings on men. And now we are told that these provings throw no direct light on the action of drugs upon the peculiar organism of woman! Surely, if this be so, the practice of Homeopathy thus far, so far as woman is concerned, has been purely empirical. Who can say that, although a given drug of the

trillionth trituration may operate "*similia similibus curanter*" on a man, it may act "*contraria contrarius curanter*" on a woman, and thus upset the whole fundamental philosophy of extracting moonshine from a cucumber! But, as our fair sisters are said to be of finer texture, more emotional, more susceptible, more impressible, and more imaginative, than we of the rougher sex, we feel like trembling in view of the interminable nomenclature of phenomenology when their catalogues of symptoms are all accumulated and published. If a millionth part of a grain of charcoal dust, or a billionth part of an atom of sulphur, can produce fourteen hundred distinctly-recognizable symptoms on the comparatively moderately-demonstrative constitution of man, what lengthened line can measure, what quantity of manuscript can contain, or what size of book, or what extent of library, can record, the innumerable provings of women! We fear Dr. Dunham will never find time to read, much less to publish, the list of a single one of his "co-operatives."

National Pomological Convention.

THE National Pomological Association met in annual convention in Horticultural Hall, Philadelphia, on the 14th, 15th, and 16th, of September last. There was a fair exhibition of fruits, flowers, shrubs, and vegetables, though the quantity and variety were not very extensive—not more so than we have seen at county agricultural fairs. The exhibition of fruits was too meagre to enable us to judge of the relative merits of different States and sections of country, for many States were not represented at all, and others only from particular districts. But, the best apples on exhibition were from Kansas, and the best pears from California. Kansas also presented some splendid specimens of pears. New York, New Jersey, and Pennsylvania, each exhibited a great variety of apples, pears, peaches, and grapes; but no single specimens equal to Kansas or California. The best fruit-growing regions of the South were not represented at all. During the session of the convention, a discussion was had on the various kinds of fruits most profitably grown in the various sections of the United States, and a report on native wines and brandies was presented by the secretary, and ordered to be printed. Now, the introduction of such a subject as the manufacture of intoxicating drinks into the discussions of a pomological convention strikes us as something particularly queer, not to say inconsistent and absurd. What has pomology to do

with drunkard-making? Can there never be an exhibition of the productions of the earth, or of useful manufactures, without the contaminating admixture of alcoholic beverages? It is bad enough to have to tolerate the accursed thing in universal exhibitions, or agricultural fairs, where everything, good, bad, and indifferent, is promiscuously displayed—where hogs, tobacco, race-horses, gamblers, liquors, meet and mingle with men, women, children, grains, fruits, flowers, and machinery. But, in a purely pomological convention, we do not see why the members should go so far out of their proper course as to have anything to do with alcoholic liquor. Yet we find that they give this subject more consideration than any other, for it is the only one on which they publish a formal report.

The American Institute Fair.

WE had hoped, when, last year, through the protest and influence of a "strong-minded" woman, the Farmer's Club of the American Institute agreed to discontinue the practice of tasting and commending every kind of alcoholic liquor that any person wished to put upon the market, that the good influence would extend to the American Institute itself. But, we fear the Institute is sadly in need of one of the strong-minded among its members. In its daily reports of the progress of things at the late Fair of the American Institute, in New York, the *Tribune*, whose editor is President of the Institute, on one occasion said:

The American Institute Exhibition thrives amazingly. Thousands of highly intelligent and respectable visitors find their way thither daily; the Downing restaurant, the Matthews soda founts, and the confectionary stand, are abundantly and deservedly patronized; and the managers are becoming as jolly as champagne and contentment can make them.

The managers jolly and contented as champagne can make them! If this does not mean "gloriously fuddled" what is the proper interpretation? If the managers will drink intoxicating liquors, why need the *Tribune* parade the fact pompously and commendatorially? That paper professes to be a champion of temperance. Time was when nothing could purchase a puff of laudation for any form of intoxicating drink in its columns; but it has sadly degenerated. Now, no paper in the United States serves the rum-sellers more effectually in commending their infernal merchandize to the perverted tastes of the people than this same *Tribune*; and all the more so because of its high moral and reform-

atory pretensions. None can serve the Evil One so well as those who wear the livery of Heaven.

Mineral Springs.

DURING the current year, some half-dozen or more of newly-discovered mineral springs have had their extraordinary medicinal virtues brought to the attention of the public, each one possessing (if there is any truth in the advertisements of proprietors and the puffs of editors) sure and infallible remedial virtues for all the ills that flesh is heir to. It would seem that the facts that new springs are being constantly discovered, while the old ones are still claimed to be as curative as ever, and that each one, old or new, is indorsed by an ample array of chemists, physicians, hotel keepers, and dead heads, as a panacea, ought to open the eyes of the simple people that the whole thing is a humbug and a cheat. Mineral springs and alcoholic beverages are sold on precisely the same commendations and testimonies. There are in market nearly a hundred kinds of alcoholic beverages. All are claimed to be medicinal in a general sense, while each is said to possess some peculiar property rendering it specially applicable to certain classes and forms of diseases and infirmities. So with medicinal springs or mineral waters. All are remedial so far as the general health is concerned, while each has some special virtue which renders it a little better than all the rest or anything else. Was ever absurdity more absurd?

The following is one of the latest specimens of writing up a hotel under the name of mineral springs that we have seen, while its blarney and animus are so transparent that a fool ought not to be deceived by it:

MIDDLETOWN MINERAL SPRINGS.

To the Editor of the *Tribune*, Sir: The readers of the *Tribune* well remember an article from the pen of the Rev. Dr. Newman, in early summer, entitled, "A New Watering Place." Well, since that writing, we have thoroughly investigated the claims he then put in for Poultney, Middletown, Vt., and vicinity, and the result of our personal observation and experience is an unqualified indorsement of the document. The scenery, the climate, the drives, the lakes, all are charmingly fitted to beguile the hours of a summer tourist, and paint pictures upon the canvas of his memory for after delight. Were we editor and proprietor of a paper ourselves, we would feel inclined to fill at least one issue with recollections and impressions of our summer sojourn, and we cannot, as it is, stop our pen till we have paid fitting tribute to the "Mineral Springs" at Middletown, Vt. They are certainly maintaining their claims to popular regard and favor, and by the severe ordeal of the most rigid tests are demonstrating

their remarkable medicinal virtues. The village of Middletown has been thronged during the visiting season, while large numbers have been compelled to seek board and lodging in the neighboring villages. The unwavering faith of the people of the vicinity in the virtues of these waters is truly wonderful, yet not wonderful either, since it is begotten and sustained by the wonderful cures the waters have wrought and are still working. Indeed, it is becoming to be regarded by many as a universal cure-all. The general direction for ailments is, "Get some Middletown mineral water," instead of the former order, "Go for the doctor." It is unquestionably worthy of a fair trial by all invalids. We cheerfully recommend our friends, in conclusion, when another summer comes round, visit Poultney and Middletown, and if you are invalids now, try the Middletown Mineral Spring Water.—*Veritas*.

Effect of Diet on the Nerves.

THE following suggestive paragraph is copied from "Moore's Uses of the Body." The case is none too strongly stated, but, we fear many who read the statement will fail to comprehend the full import of the lesson it teaches:

A man living solely on beef, as the Indians generally do, and full of freedom and fresh air, has blood very nearly approaching in chemical character to that of a lion, the fibrin and red globules being more abundant, in proportion to the *liquor sanguinis*, and the temper of his mind approximates to the indomitable savage. Without exercise of a violent kind, this state of blood is apt to become intolerable, because it rouses the animal instinct to such an excessive degree that reason becomes perplexed and confused by innumerable sensations, which she finds no means of subduing by demand on thought, since the nerves of volition and power are unduly excited to reflex action, and thus the balance of brain-power, by which the mind maintains dominion over the body, being disturbed, the animal is apt to prevail over the rational, and the man to behave like a brute.

Dress Reform Pio-Nia.

WE learn from D. M. Allen, of South Newberry, O., that the Dress Reform meeting near his place, on the 10th of September, was a grand success. On account of the inclemency of the weather on the 8th—the appointed day—the meeting was postponed a couple of days, which circumstance, no doubt, diminished the audience very considerably; nevertheless it numbered three thousand persons, many of whom were from a distance. The principal address was delivered by Mrs. J. H. Severance, M. D., of Milwaukee, who has been a staunch advocate and consistent wearer of the "American costume" for fifteen years. She is also a graduate of the Hygeio-Therapeutic College, and a very successful practi-

tioner of the system. Of her address Mr. Allen writes:

"She showed not only the absurdity of the fashionable dress, but its *inherent sinfulness*, when viewed from a physiological stand-point. During her address, Dr. Severance made the following statement respecting her practice as a Hygienic physician, which cannot fail to interest the readers of the *HEALTH REFORMER*: In fourteen years' constant and extensive practice, during which she has treated all of the prevalent forms of disease, including hundreds of cases of diphtheria, and scores of cases of scarlatina, she has lost only two patients—one of quick consumption, and one of heart disease. Surely a physician with such a record, if any one, is qualified to speak of the physiological relations of dress to the vital organism. In addition to the address were toasts and responses from various persons, and also excellent music from a brass band. If the votaries of fashion think we only hold these annual gatherings to have a good time, they greatly mistake, not only the genius of the movement, but the character of the persons engaged in it. The active workers in this reform see in it a principle as deep as the needs of the race, and they do not propose to cease their efforts until some radical change is effected in the style of woman's apparel. The meeting adjourned to the first Wednesday in September, 1870."

Horace Greeley on Fashion.

THE veteran editor of the *Tribune*, who has written many good things, and a few poor ones, thus unburdens his mind on the subject of fashionable female attire:

Of all mortal things it is only fashion which is immortal. Absurdities of costume disappear only to appear again. *The London Lancet* sets up a loud professional wail over the revival of tight-lacing in that city. Thus it is that hoops go out and corsets come in, and what old, pernicious folly may next absorb the female mind and destroy the female frame, we can't pretend to predict. Since the days of our great-grandmothers, we really cannot say that there has been any reform in female costume. We claim for men more sense. We are sometimes absurd enough in our garments, but we rarely injure ourselves by our folly. Corns from tight boots are about our worst penalty.

We commend these words to Mrs. Stanton and Miss Anthony of the *Revolution*, who are striving to convert Mr. Greeley to the theory of woman's suffrage, and to all others who advocate "Woman's Rights," in dragging skirts and tight corsets. Let the women first emancipate themselves from the slavery of dress, and then they can talk about equality, &c., with some show of good sense.

Girls as Physicians.

WE copy the following from the *Woman's Advocate*, published at Dayton, O. It needs no comment:

Editor Woman's Advocate: Will you say, for an emigrated Ohio woman, to the Ohio girls, that an Ohio girl—a graduate of Dr. Trall's College—has recently settled in a thriving Western town, and besides doing her own work for a family of five, has, in three months, earned \$300 in greenbacks. There is more room for Ohio girls as physicians than as school teachers; the pay is better, prospect of life longer, and the country needs women physicians as well as teachers.

The young men who shall come from Ohio to Florence Hights, N. J., to attend the College the coming winter, must bring with them all their courage, for the men are the only ones whose eyes grow dim and cheeks turn pale at sight of the dissecting knife, and of course the girls cannot help smiling.

Rockford, Mass., Sept. 3, 1869.

Undrugged Stomachs.

A MAJORITY of all the children that are born in the United States are poisoned by the drug doctors in their nurses' arms. Very few emerge from the period of cradledom without having their constitutions damaged for all time by the medicines prescribed by the family physicians. And how very few pass through the years of infancy without being poisoned at all. Need we wonder, therefore, that a majority of the deaths in this country are of children under five years of age? Occasionally we hear of a family who bring up their children, against the remonstrances of all their relations, the protests of all the neighborhood, and the ridicule of all the doctors, not to be poisoned because they are sick. And now and then we hear of some child who has learned betimes the better way. As our hopes for the success of the Health Reform are mainly with the rising generation, we are always pleased to hear of one such "brand plucked from the burning," as in the case of B. F. C., who writes from a town in the interior of Indiana:

"Dr. R. T. Trall—Dear Sir: You will please find a stamp enclosed for your circular. I am now in my eighth year, and of a family of children who have never yet had a particle of drug medicine in our stomachs, and this against much outside pressure and opposition. I should be extremely glad if a course of lectures could be given in this place, by yourself or some other competent person, and were I able to do so, I would willingly pay the whole expense myself."

We wish there were more "children of a larger growth," who had the spirit of this eight-year-old boy. To a child who has been properly educated, and whose appetences are not rendered so morbid by stimulants, flesh-pots, etc., as to prejudice the reasoning powers and vitiate the instincts, the practice of the whole drug system is inexpressibly abominable. And so it would be to all persons, were they not perverted and miseducated.

A Puzzle for the Anti-Cruelty Society.

SOCIETIES have been formed in some of the large cities of this and other countries, for the Prevention of Cruelty to Animals. They are doing good. We wish them all possible success. But, as there is more real cruelty practiced on human beings every day than on all the animals in creation in a whole year, we hope that, in due time, somebody who has the pecuniary means, as well as the philanthropic disposition, will inaugurate and endow an institution or a society to look after the abuses being continually perpetrated against the peace, comfort, health, and life, of the "higher animal." But to our puzzlesome problem. At a late meeting of the New York Society for the Prevention of Cruelty (to the lower animals), the subject of pigeon-shooting-matches was discussed, and resolutions were adopted requesting the President (Mr. Henry Bergh) to exercise the moral influence of the Society to suppress them, and to apply legal suasion, if need be. But, on Mr. Bergh being asked, if a gentleman took a few friends with him into the fields or woods to witness his skill in shooting birds, would he or they be amenable to the law under which the Society acted, he replied that that would be a different affair, as the killing of birds for food was a necessity.

Probably Mr. Bergh has never yet dreamed that all the cruelty to animals, of which he complains, has its origin in killing animals for food. Hunting and fishing are often practiced for mere sport—to gratify a morbidly-developed destructiveness. But this perversity has its origin in the carnivorous appetite. One of the common pastimes for boys all over the country is to shoot birds, even those which are not eatable, and which are not in any sense obnoxious. And in sporting themselves, they are doing immense evil to the interests of agriculture, and to their own natures. They are warring upon the birds who would preserve the farmers' crops by devouring the worms and insects which feed upon them, while they cultivate in themselves the spirit of cruelty and selfishness. Children who are raised on "fruits and farinacea," have no disposition to kill any animals for sport, nor to be cruel either to man or beast.

Vaccination.

AS WE are opposed to curing primary diseases by producing drug diseases, so we cannot see the propriety of curing or preventing contagious or infectious diseases by inoculating the system with venoms and viruses. We have known the worst forms of scrofula, and

the most loathsome conditions of venereal disease, to be traceable directly to vaccination. Even if the vaccine matter could be had pure, we should oppose the practice of preventing any disease by means of a virus introduced into the blood; but it so happens that we seldom can have any assurance that the animals, or persons from whom the matter is obtained, are not diseased. The health reformers in England have made a vigorous protest against being compelled by act of Parliament to vaccinate their children, while their own judgments and consciences revolt against the proceeding. The following paragraph is one more of tens of thousands of similar reasons why this abominable practice should not be forced upon the people, either by British or American statutes:

VACCINATION—A SAD STORY.

To the Editor of the Tribune, Sir: Something should be done to prevent the alarming mortality among little children. At present, the remedy is worse than the disease. Why is the transmission of virus from person to person allowed when every physician knows that it affords no protection from the small-pox. I am sure if people would read Prof. E. Whitney's essay on vaccination, read before the Eclectic Medical Society of this city, November 19, 1868, they would not run the risk that I have. My boy, when ten months old, was vaccinated by our family physician. In two weeks his arm was much inflamed and swollen. Soon after, his face and body were covered with blotches and sores so irritating that we had to wrap his hands up to prevent him digging himself to pieces. We took him to other physicians, and to the Medical College; but all to no purpose. After lingering and suffering for thirteen months, he died from exhaustion, infected with a most loathsome disease. This is my sad experience in vaccination as carelessly practiced to-day.

JOHN H. KELTON.

No. 181 Canal st., New York, Sept. 4.

Answers to Correspondents.

CALOMEL AND SPASMS.—S. T. C.: "R. T. Trall, M. D., *Dear Sir:* I have been troubled with spasms at night, lasting, on an average, about five minutes. Four years ago, I had jaundice. An M. D. gave me a large dose of calomel, and since that time, I have been subject to these spasms every five or six weeks. After one of the spasms, I am sick at the stomach, with drowsiness and headache. These spells always come on during sleep. I am also troubled with constipation. Having tried several physicians of the drug school in vain, I propose next to try the hygienic system. Can you do anything for me?"

Your case is entirely curable. You have a diseased liver, rendered more torpid because

of the calomelizing to which you have been subjected. The spasms are immediately induced by constipation. You had better go to a health institution; but, if you undertake self-treatment, adopt a fruit and farinaceous dietary, eschewing fine flour, milk, sugar, eggs, salt, vinegar, &c. Take a tepid ablation daily; the wet-sheet pack once or twice a week; the hip bath each other day, and on the alternate day, wear the wet girdle.

CONFIRMED CONSUMPTION.—P. W. F.: "Dr. R. T. Trall, *Dear Sir:* Although not personally acquainted with you, I do not feel like an entire stranger in writing to you, as I have heard one of the graduates of your college—Mrs. Sala—speak of you frequently. Seven years ago I contracted a bad cold, and have had something of a cough ever since; and for the last four years it has been very severe. I raise considerable thick, yellow matter; have a pain in the side when I cough. About a year since, I spit a little blood, and have not been able to lie on my left side since. At times I am very troubled about breathing, particularly towards evening, and of late I have had chilly feelings for a couple of hours, followed by fever."

Your case is clearly consumption in the second stage. Your lungs are both tuberculated and ulcerated, and you are on the borders of hectic fever, which ushers in the third stage. We cannot pronounce on the propriety of undertaking a cure in so desperate a case, much less on its curability, without seeing the patient. Home treatment would be useless in the circumstances in which you are placed.

CATARACT.—O. R. S.: This affection consists in an opacity of the crystalline humor, or of its capsules. The essential cause is impurity of the blood, although overwork, inflammation, fever, drug poisons, &c., may be exciting causes. It can always be arrested in its incipient stage by hygienic treatment; but when vision is lost, the only remedy is a surgical operation; and this is not always successful.

WATER BRASH.—J. S.: A bilious stomach is the immediate cause of the "rotten-egg" taste of which you complain. All greasy food, milk, sugar, and starchy puddings, are conducive to acid bile and acid stomachs, and should be avoided.

HYDROPATHIC ERUPTION.—H. H.: "Dr. Trall, *Dear Sir:* By the advice of a celebrated water-cure physician, I have worn the wet girdle until the abdomen is quite inflamed, and the discharges very offensive. I

am told that it is dangerous to leave it off, as the discharges are critical, and to check them would endanger the internal organs. Please give me your opinion."

Leave the girdle off at once, and heal the skin as soon as possible. All such "crises" are worse than useless. The blood should be purified through the natural outlets, not through artificial sores on the surface. A "water-cure" blister is no more hygienic than is a cayenne-pepper inflammation or a Spanish-fly ulceration.

MILK ABSCESS.—M. S. "Dr. Trall, *Dear Sir*: In your *Hand Book of Hygienic Practice*, milk abscess is defined to be phlegmonous inflammation of the *heart*. Is not this a mistake?"

Yes. For "heart" read *breast*.

ECZEMA.—J. S. S.: Mercury is the common, but not the only, cause for the inflammatory eruption of the skin, termed eczema. Other mineral drugs may occasion it; and a very foul and bilious condition of the blood is sometimes the cause. Tepid ablutions, and an abstemious dietary of coarse bread and uncooked fruits, will remove it. Turkish baths are invariably pernicious.

THE BLUE DISEASE.—R. K. Y.: The blue discoloration of the skin which has been termed the blue disease, is caused by the prolonged use of nitrate of silver. This was formerly much in vogue as a remedy for nervous affections—epilepsy, hysteria, chorea, &c., and many persons have been indelibly discolored by the medicine. It is incurable. The pretended cures by electro-chemical and Turkish baths are advertising tricks.

PERIODICAL HEADACHE.—Y. P. N.: Your violent paroxysms of headache are symptomatic of the menstrual trouble—dysmenorrhea. Restore this function, and your head will be well enough. Hip and foot baths (not very cold) are useful; also the wet girdle occasionally. But do not apply it so frequently as to cause much eruption of the skin.

HYDROCELE.—M. M. A.: Your case is curable by means of a surgical operation. We charge \$50 for performing the operation. The patient should remain with us one month to have a cure assured.

HYGIENIC COOKING.—M. O.: You will find all the recipes for cooking that any person needs who desires to "eat to live," in our "Water-cure for the Million." Price 35 cts.

MERCURIAL RHEUMATISM.—L. A. R.: Give the patient a warm bath once a week,

a tepid ablution (in a warm room) daily, and apply fomentations, followed by cool, wet bandages, to the affected joints. He is too weak to make the wet-sheet pack advisable.

HECTIC FEVER.—M. M.: The sudden occurrence of chills, followed by a flushed face, and preceded by cough and difficult breathing, indicates ulceration or extensive tuberculation of the lungs. You have no time to lose. A majority of consumptives do not seek the health institutions until it is too late, and then Hygeio-Therapy is blamed for not curing them. Another lamentable fact is, a majority of consumptive patients are drugged to death's door before they consult a hygienic physician at all.

ALCOHOL IN GRAIN.—W. G.: If your physician does not know any better, he is a fool. If he does, he is a knave.

EXTRACT OF BEEF.—O. F. K.: It is impossible to "concentrate" the nutritive properties of flesh. The pretense that one pound of the extract of beef contains the nutriment of forty-five pounds of the flesh-meat, is sheer nonsense—made to sell.

BLINDNESS.—A. J. H.: If the blindness, in the case you describe, is caused by deposits in the coats of the eye, as is probably the case, the eyesight can be restored. We have cured several such cases after total blindness had existed for months. It is true that in time the matter deposited may become so dense and hardened, or so organized into the substance of the tissues as to render absorption impossible, and permanent blindness inevitable.

A LESSON FOR YOUNG MEN.—The young Spartan students, who learned the highest style of oratory the world ever saw, and whose fame for philosophy and mathematics has come down to our time, were no pale and slender youths, who wore spectacles for their shortsightedness, and cultivate a green and yellow complexion by burning the midnight oil, and smoking and chewing tobacco. Physical culture held equal rank with philosophy in those days. The gymnasia, or palaestrae, were honored as the lecture-room. Dyspepsia, and puny, undeveloped muscle, were a disgrace to their possessor, if, indeed, such things were known. It takes these days of tobacco-using, leading to liquor-drinking, and other panderings to depraved appetites and passions, to reduce the race to its present low state of health.

THE worst of crosses is, never to have had any.

The Health Reformer.

Battle Creek, Mich., November, 1869.

Revolutions in Medicine.

AS OFTEN as once in every few months the drug-taking public is startled by the announcement through the popular journals of the day, that there is to be an entire revolution in the subject of medicine. Some distinguished M. D., who has devoted much study and research to the question, discovers that the prevailing system of medicine is all wrong, and, in its stead, must be adopted some new vagary, oftentimes more ridiculous, if possible, than the present system.

Now, what is the result of all these discoveries? Does the threatened revolution take place, and do the people get relief from their drugs and chemicals? Is the number of invalids greatly decreased, and the business of the undertaker rendered less profitable? Far from it. Matters go on in pretty much the same old way; the doctors thrive, drug stores increase, and the records of mortality show that the effects of the drug system are by no means decreased by these new and important discoveries.

That many of these so-called discoveries are the result of hard study and much thought, is doubtless true; and it is also true that the first conclusion arrived at is correct; viz., that the present system of drug medication is absurd and fallacious; but it is certainly a great pity that those who have arrived at this conclusion should find it necessary to invent another "system" to take its place, based upon the idea that curative power must somehow be found in drugs.

A recent writer in the *Cincinnati Gazette* comes out in a lengthy article, designed to exhibit the wonderful discoveries made in the "science of medicine," and although many statements are made, and some interesting facts given, scarcely a deduction is drawn, either logical or illogical, and we are puzzled to know of what the "Revolution in Medicine" consists. The author starts out with the statement that, "while all the elements which enter into the theory of medicine, anatomy, physiology, *materia medica*, and chemistry, are exact and scientific, the *practice* of medicine is entirely *empirical*." The last statement is unqualifiedly correct, but lest it should have its due weight with the reader, he proceeds to qualify it, as follows:

"We have said that medicine is *empirical*, not intending by that to take anything from the merits

or the skill of a scientific physician, but simply that, notwithstanding the sciences of the human body and the material agents applied to it, he must, nevertheless, at the bedside, be more or less an *experimenter*. To do this, he endeavors technically to make a diagnosis—a theory resulting from the symptoms. But what is the doctor to do when he can make no diagnosis? Such was the case with a young physician in a steamboat. A lady on board had a child which was seized with violent symptoms, partly spasmodic, and altogether bad. She cried out for a 'doctor,' if any were there. The young doctor, who had come utterly unprepared, had to step forward. He was much alarmed, because he had no medical weapon with him. 'Madam, I have no diagnosis of the disease, but will do the best I can.' 'Oh, dear, what shall I do? The child is so sick, and the doctor has no *diagnosis*.' However, the doctor had some sense, and he proceeded to apply a warm bath, mustard and other remedies, and, in a few hours, the child was entirely well. A similar story is told in the *London Quarterly* on the 'Aims of Medicine'—an article full of just ideas on the philosophy of medicine:

'A fashionable physician, who is also a learned physiologist and acute observer, was summoned to a case of rheumatic fever of some days' duration. In the consultation he pointed out that there was extensive inflammation of the heart, to the extreme terror of the family doctor. 'Oh dear, dear! what will you think of me? How can I forgive myself for so neglecting my poor friend's case?' 'Pray do not be distressed,' was the comforting answer, 'it is just as well you did not find out the pericarditis; you might, perhaps, have treated it.'"

How much he has helped the case by his illustrations, the reader can judge. The advantages of "some sense" over the doctor's absent medicines, resulting in the use of the warm bath, &c., are apparent, however, to those who are posted, and it certainly is much to be regretted that good sense is not always substituted for poisonous drugs.

But the revolution in medicine which health reformers are trying to bring about, is, after all, the great work which demands the attention of the people. The doctors may speculate concerning this or that theory of the nature of disease, and the "action" of drugs, but until their eyes are opened to the fact that *disease is a remedial effort*, they will remain in darkness and "the shadow of death." Let the truth be spread by means of lectures, books and tracts, and last, but not least, the circulation of the *HEALTH REFORMER*, and thus help to bring about the revolution which will save to the people their money, health, and lives. W. C. G.

CONFINE your expenses, or they will confine you.

SOME persons call thinking the worst of every one, knowledge of the world.

THE CRUSE THAT FAILETH NOT.

Is **thy** cruse of comfort wasting?
 Rise and share it with another,
 And through all the years of famine
 It shall serve thee and thy brother.

Love divine will fill thy storehouse,
 Or thy handful still renew;
 Scanty fare for one will often
 Make a royal feast for two.

For the heart grows rich in giving;
 All its wealth is living grain;
 Seeds, which mildew in the garner,
 Scattered, fill with gold the plain.

Is thy burden hard and heavy?
 Do thy steps drag wearily?
 Help to bear thy brother's burden;
 God will bear both it and thee.

Numb and weary on the mountains,
 Wouldst thou sleep amidst the snow?
 Chafe that frozen form beside thee,
 And together both shall glow.

Is the heart a well left empty?
 None but God its void can fill;
 Nothing but a ceaseless Fountain
 Can its ceaseless longings still.

Is the heart a living power?
 Self-entwined, its strength sinks low;
 It can only live in loving;
 And, by serving, love will grow.

—Author of *Schönberg-Cotta Family*.

Immoral Advertising.

"Gettysburg. The fountain of health." "The sick, the lame, the halt, and the blind, restored." "A restorer of beauty." "Not only does it restore the long-suspended or impaired action of the vital powers, but counteracts the effects of those causes which impair or paralyze them." "We are here presented phenomena which it is difficult to analyze or explain, except on the hypothesis that this fluid bears some mysterious relation to the vital force or principle." "The evidence establishes beyond any reasonable doubt that by the judicious use of this fluid, persons may do with comparative impunity those things which try the constitution, and which would, ordinarily, break down and destroy health and spirits; as, for instance, overmental and physical exertion, excessive use of alcoholic stimulants, tobacco, &c., &c., or intemperate indulgence of any of the natural passions. The sporting men of New York have ascertained this fact, and have become the largest consumers in that city." "Perhaps there is no course of life, not excepting that of the soldier in active service, which so taxes the human constitution, as that of the trial of fortune and skill by a game of cards, whether pursued for amusement or for speculation. The fierce excitement and dread suspense, the depression or elation of spirits consequent on defeat or success, the loss of sleep, and the almost indispensable use of alcoholic stimulants, all combine to overtask and exhaust the physical strength, and render recuperation each time more and more difficult. This class of persons have found the Gettysburg water an almost necessary auxiliary to overtaken nature, and have in this city consumed over 2000 cases of this water the past year." "In corrobor-

oration of this theory might be cited numerous evidences of the efficacy of this water in assisting nature to effect those changes of life incident to maturity and decline in both sexes, especially female, and in enabling childhood to resist the antagonistic influences to which it may be exposed by the indiscretion of parents, or other causes."

These are a few extracts from an advertisement of two and one-third columns, in the *N. Y. Independent* of June 3, and is supported by quite a spicy editorial. Says the publisher, "It is of the highest importance to the invalid and medical public, and deeply interesting to the balance of the community." It suggests itself to his mind as "a special Providence, for a wise and beneficent purpose."

I would not have troubled you, my readers, with this array of conglomerate twaddle, were it not indorsed by what many believe to be good authority. The *Independent* is considered by many as standard authority on morals, and as such is read by numbers of health reformers. If said advertisement had graced the columns of the *Police Gazette*, and like papers, I would not have been surprised; but when I see such being dealt out under the standard of "BUT AS WE WERE ALLOWED OF GOD TO BE PUT IN TRUST WITH THE GOSPEL, EVEN SO WE SPEAK," &c., my moral nature recoils, and forces me to resent. This I have done in a letter to the editor, which, for reasons best known to himself, he has seen fit to suppress, but which I here reproduce.

Reformers, we are a power, and a mighty power, in the land. It is our duty, our sacred duty, to speak out against this great curse that everywhere pervades the press (I allude here particularly to the religious portion of it),—the advertising of the rum fiend, and licenses to further delve in vice; panaceas to enable the constitution to be violated. Let your voice be raised in thunder tones. Fear not popularity, but strike for truth and principle. Let your voices be heard against it in the family circles of your neighbors, in the churches, Sunday Schools, and wherever you can gain an audience. Agitate! Agitate!! Agitate!!!

EDITOR INDEPENDENT, Dear Sir: In your publication of the 8d inst., in the publishers' department, is an article writing up the virtues of the Gettysburg Katalysine waters; and considering said article as decidedly injurious—a viper let loose in the form of a dove among the drug-cursed community—I have presumed to call it in question. If what is said in the article be true, anything that I may say concerning it will not be of any avail, and, as a consequence, discussion and criticism will only tend to further the truth of said statements.

I have always considered the *Independent's* high-

toned, moral journal, preaching the truth and denouncing error at all hazards; but if many more such articles disgrace its columns, it will lose caste, and will be considered as numbers of so-called religious papers are—the Bible, love, truth, purity, and godliness, in the editorial columns, and death, Satan, vice-producing and disease-engendering, in the advertising columns. Like cutting a man's throat, and then giving him a plaster; only that in this case you put the plaster on first, and then cut. I do not call in question the advertising of the nostrum, but, in the name of truth and humanity, don't goad them on, to add fuel to the already-existing flame. It must be patent to your mind, and to the mind of every thinking man, that we Americans are a drug and disease-cursed people. The sepulchral columns and grassy mounds that we see in every village in the land, tell too truly the tale. There is no civilized nation on the globe so sickly as we, and no people that swallow so many nostrums. Any man that is mean enough, who has larger acquisitiveness than conscientiousness, and wants to increase his store of riches, has but to put some new nostrum before the public, get a few M. D's, D. D's, and LL. D's, to endorse it, and some sectarian or religious journal to eulogize and sound the praises of it in every household. A drowning man will take hold of anything to save—will catch at a straw; so will the masses swallow anything and everything that purports to offer relief, as they have not been taught to think for themselves on matters pertaining to health and disease.

"The existence of a medical spring on a battlefield is in itself an interesting coincidence; but the interest is greatly enhanced by the extraordinary character of this spring, as disclosed by recent medical experiments. It would seem to imply that the elements of destruction and preservation in the physical world were attracted to particular localities and spots of earth, or that they had been grouped on the soil of Gettysburg by a special providence, for a wise and beneficent purpose—perhaps to teach a stiff-necked and unbelieving generation that God rules the universe, and that there is some mysterious and inscrutable connection between the acts of men and the great operations of nature."

For Heaven's sake, don't parade any more such farces before the public. It is sufficient to give cause for laughter, and to provoke a sneer in those who are skeptical of religion. Such language is leprous, and, to my mind, blasphemous. Instead of its being a special "providence of God" for the benefit of poor humanity, methinks that it is the working of man's perverted and depraved acquisitiveness. As other so-called special providences in the medical line, it is, indeed, more for the benefit of the few concerned than the many. It is man's selfishness working in a new channel, or rather on a new track in the old one. The special providence concerning it is the same as the old story of the white man and the Indian—white man turkey and Indian buzzard, or Indian buzzard and white man turkey.

The two-column advertisement of the nostrum is, of itself, enough to convince any sane, reasoning mind that the whole affair is one big swindle. Do not infer that I accuse you of knowingly aiding and abetting, for I believe you to act conscientiously; but, nevertheless, if said advertisement is false, and said editorial was written on the

strength of it, then you have unknowingly perpetrated a wrong upon the masses. Should you desire the falsity and absurdity of the whole affair, and will allow the use of your columns, I will undertake to make good my statements.

Yours truly,

THOS. W. DENNING, M. D.

An Exhortation to Sleepiness.

STUDENTS who are really faithful, laborious brainworkers, need all the sleep they can get, whether at night or in the daytime. The night is the most appropriate season for sleep, and yet we should never hesitate to take a nap in the daytime whenever we find it necessary. Amid the cares and responsibilities of our modern civilization, there are unnumbered interruptions and contingencies that make it practically impossible for us to obtain our full amount of sleep, in the hours that are usually devoted to that purpose.

Now there is no law so imperative on man as the law that requires us to sleep. If we deny ourselves of it; if we get behind, and to use the expression of the street, fall into debt to Nature in this respect, we must improve the first opportunity to make ourselves good, else we shall ultimately fail. A brainworker who religiously enjoys a liberal amount of sleep, may preserve his health and elasticity, even though he violates every other law of hygiene.[?] On the contrary, he who faithfully observes all the rules of diet, of exercise, and of labor, yet denies himself of sleep, is really guilty of all, and can by no means escape unpunished. There is no appeal from this law. There is no virtue that can redeem its violation. It admits of no atonement. To sleep is the one great hygienic commandment. It is the Alpha and the Omega, the beginning and the end, the first and last, of the great laws of mental hygiene. He who understands and obeys this law, really understands and obeys the whole hygienic decalogue, for no one can long sleep well who persistently disregards the other laws of health.

Sleep is one of the best of our thermometers of health. By the quantity and quality of sleep that our patients can take, we can best judge of their daily condition, and of their progress toward recovery. We always feel assured that whatever improves the sleep of the exhausted invalid, to that degree helps him toward recovery, and that whatever disturbs his sleep, to that degree brings on relapse and disease. Sleeplessness is one of the earliest and most constant symptoms of insanity, of hypochondria, and of all the nameless forms of nervous derangement. When-

ever, therefore, we find that we are not sleeping as well as we are wont; when our dreams are peculiarly dark, and ugly, and distressing, and leave unsightly scars in the memory; when we roll, and toss, and worry, through the watches of the night, anxiously waiting for the day; when we awake long before our accustomed hour of rising, and find no pleasure in the morning nap, then may we suspect that our bark is nearing the quicksands and shallows, and then, without delay, should we examine our charts, revise our calculation, and, according to our best judgment, return to the channel from which we have suffered ourselves to be driven.—*Dr. G. W. Beard.*

Chains.

IN glancing at the chains by which poor human beings are bound, the true physiologist cannot fail to discover that of fashion as the most conspicuous; and especially as it pertains to dress. Fashion is the great chain that binds the women of America to-day. Forged upon the anvil of public opinion, its clanking can be heard in nearly all the homes in our land; its alphabet shaping out the words, consumption, female weakness, general debility, disease, doctors, drugs and death. And yet the race exists, proving most conclusively that human nature is tough. Weak, puny and scrofulous woman, with muscles torpid and flabby, may say, "I am free;" but thousands of the sex, with contracted chests, wasp waists, curved spines, and torpid livers, give back a denial by groaning out, "We are born to suffer." Like the sapling bound down by the giant oak, women bound by the chain of fashion, and bent by the force of habit, refuses, when opportunity offers, to rise and assert her womanhood, her individuality. Accustomed to the swaddling clothes of infants, she is but little better prepared to earn a livelihood than they; while her blunted instincts are not so true to tell her wants.

This is woman's bondage, inherited from the darkness of the past, and man knows it. Woman is inferior to man, and her idle worship at the feet of fashion is her inferiority. This is why woman is so often degraded to a mere thing; a toy to be petted for the moment, then thrown away.

Much is said at the present time about "woman's rights," woman's work, and woman's wages; but they who would be free must themselves first strike the blow. Let women adopt a dress adapted to compete in labor as well as health, instead of spending their energies in following after some silly,

sickly butterfly of fashion, and we shall hear less of woman's rights and woman's wrongs. I am in favor of women's voting, but there are other chains to be removed than those of disfranchisement. Give woman the ballot, and she is not man's equal in health and vigor, nor can she be so long as fettered by the trumpery of the present style of dress.

Others may see beauty in the broad expanse of crinoline, grace in the dragging skirts, elegance in the hump of a Grecian bend, or health in distorting the human form, *a la kangaroo*. But in those who admire the truly beautiful in nature and art, the sensual "fashions of the day" excite little but disgust.

The fashions borrowed from that most licentious city, Paris, may furnish food for minds impure and imaginations diseased; while to the physicians it may afford a great source of practice. But the philanthropist can see but the verifications of the assertion that "The American race is fast dying out."

Here, then, is where the great reform in society should begin. Women *should* adopt a costume in which she can naturally develop every muscle of the body, as well as every faculty of the mind; combining, as it must, utility, comfort, economy and beauty; (and what can be more beautiful than the human form?) such a dress as recommended by the Hygeio Therapeutic College, and worn by all women who have decided to dispense with chains.

M. L. PERRY.

East Dickinson, N. Y.

Dr. Trall.

SOLOMON says, "Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips." In attempting to bring a few facts before the public, connected with the life-long labors of Dr. R. T. Trall, this modest part of the wise man's code seemed appropriate. The doctor has never been found praising himself, even indirectly, nor receiving adulation from any friend. This writing is from the pen of one who, personally, is almost a stranger, and will surprise no one so much as the man about whom it is written. Indeed, I am by no means assured that it will find any place in the HEALTH REFORMER, since the conductors thereof have had no intimation of its appearance. After the gospel manner of bestowing alms, the article comes forth, without advising the left hand what the right doeth.

By a few of the doctor's old acquaintances it may be known that, when quite a youth, he was afflicted with disease in his throat,

and came under the old Allopathic treatment. This, through a tedious period of years, proved, as in other cases, a sad failure, and the mind of the patient was a little too incredulous and discerning to be satisfied with the prescriptions.

Young and inexperienced as he was, he began to study medicine upon the simple Baconian method—and the only true method—of science. He turned his eye singly to the acquisition of facts, regardless of all assumptions, theories, and consequences. As, by so doing, Newton started from the falling of an apple, on to the accurate calculation of all the grand movements of the planets, so did the doctor emerge from the nonsensical theories of filthy drugs, by simply observing facts as to the cause and cure of disease.

Being convinced, from clear evidence, that drugs did not, and could not, remove the cause of any malady, he soon discovered, by the study of anatomy, physiology, and hygiene, the simple and invariable laws of health, disease, and restoration. No one before him had so completely learned the recuperative power in the animal economy. While nearly all the old druggists had talked learnedly of the *vis medicatrix nature*, they had worse than ignored its philosophy by warring on its efforts. Disease was, and still is, regarded by the Allopathic school as an enemy to be fought and conquered, that the patient might be saved; whereas, Dr. Trall has shown, beyond the possibility of a reasonable doubt, that it is no more nor less than the wise effort which a misused system puts forth to correct the wrongs inflicted. As one has said:

"Nature rights the injuries done her;
Drugs and doctors get the honor."

This center truth Dr. Trall brought out clearly, and put it at once in practice, never treating disease as an enemy, but hailing it always as a friend—not the angel of death, but of restoration and life. Hence he teaches that disease is never to be doctored nor cured, but aided in its benevolent work to remove the causes afflicting the patient. The error involved in the old drug theory, that disease is to be poisoned out, is most dangerous and intolerable. It has put more sick people into their graves than all the wars, pestilences, and famines, which at times have so terribly scourged and depopulated our earth.

Appreciating in some measure, from the beginning, as did the lucid and well-balanced mind of Dr. Trall, the length and breadth of this error, he has labored with intensified zeal to overthrow it, as his widening experience and study have more profoundly comprehended

it. Concede what all fair-minded persons will, and what is likewise nearly self-evident, viz., that the tendency of all drugs is to kill, and that in most cases they do kill, instead of cure, the sick, and it is at once seen that a more important reformation has never been moved upon this wo-begone world, than that in which, and for which, Dr. Trall has thus far spent his life. Newton has deservedly immortalised his name, by dissipating the old theories as to the motions of matter and the science of astronomy, and yet his discoveries were more sublime than practical. They have dissipated no errors directly destroying the health, the bodies, and the souls, of men. This great, practical, saving work has been left for the little army of health reformers to accomplish. In our own age and day, Dr. Trall, in his simple, unassuming manner, has been led to marshal and command the force, which, however much despised, is certainly doing much to redeem the world from impurity, gluttony, degradation, and death.

As this brief notice concludes, let it specify a few particulars:

1. Dr. Trall must be honest in his investigations, teachings, and practice. No mercenary motives could ever have led him into his reformatory course. All such motives were, as with strong cords, drawing toward the other side. These, however, he has resisted, like all other true reformers, saying, "Get thee behind me, Satan," for thou savorest not the things that be of God (and truth), but the things that be of men and money.

2. Dr. Trall is brave. The love of truth, and his abiding faith therein, have nerved him with well-nigh superhuman courage. A combination of ignorance, learning, talent, wealth, and prestige, allied with the drug trade and its practice, yielding a revenue of billions,—all this immense power had to be attacked and conquered. Dr. Trall came up bravely to the work, about as destitute of worldly preparation as was David in his conflict with Goliath. He was armed with no more than simple truth, and to this day stands in no more nor less than the same panoply. His weapons have never been carnal in any possible sense, and yet mighty to the pulling down of the strongholds of error, pain, and death.

3. In the moral principles of the law and gospel, Dr. Trall is a firm believer, and an able advocate in their behalf. He not only defends and teaches them, but lives them out far better than the majority of professors. He denies himself of all the fashionable luxuries of the age, which he considers impure. With Goldsmith's hermit he can say,

"No flocks that range the valley free
To slaughter I condemn;
Taught by that Power that pities me,
I learn to pity them;"

while scarcely one professor in a hundred can. His pure vegetable and fruit living, contributing as it does so much to his credit, ought to put to shame the ministers and the nominal Christians of our land. He is certainly, in this respect, nearer the garden of Eden than those who call him an infidel.

4. Finally, as the Saviour went about benevolently healing all manner of diseases, so does Dr. Trall. He has done, and is doing, more in this holy direction than all the masses of ministers, deacons, elders, and doctors, put together. W. PERKINS.

Education and Management of Infants.

WHEN the human being is first born into this world, it has but two wants, food and sleep; and if these simple wants of its animal nature are gratified, it maintains a mere vegetative existence for several months. Nature has provided an abundance of the most appropriate and wholesome food in the mother's milk, upon which the child should be fed at regular intervals. When the child wakes from its first sleep, it will manifest its want of food by sweetly and gently *nestling* in its mother's bosom; and if its mother affectionately gratifies its simple want of nourishment, as soon as it has satisfied the cravings of hunger, it will again fall asleep, and remain quiet until it again becomes hungry; and this process will be continually repeated during the first few months of its tender existence, most of its time being spent in sweet and refreshing sleep, if its simple wants are duly attended to. Now, if the child wakes from its sleep in the cradle, as it opens its little eyes, it will begin to *nestle* for food; and if the mother happens to be *busy*, and does not *notice* this demand upon her attention, it makes a little noise; and if the mother is still *busy*, and does not gratify the child's natural wants, it will soon "*begin to cry*;" and if this does not bring food to satisfy the cravings of hunger, then it begins to *scream* at the top of its voice! This *last call* is not to be resisted, or put off, and the mother runs at once to the child's relief. Now this is the first lesson which the mother teaches her child, namely, that it *must scream* for food, or starve; and this lesson being repeated every day, soon the child comes to know that the only way it can obtain it, is to *cry and scream for everything* it wants, at the very top of its voice.

In this way mothers educate their children to be ugly, irritable, and unpleasant.

How few mothers know anything about the wants of their infants, especially in regard to their food. Indeed, a majority of the mothers of America have murdered their first born, while experimenting on it, and learning how to raise one. Not one family in fifty, throughout all the land, who have not buried their first child; and no wonder, when we come to see how mothers feed their children. What does the *young* mother know about the quality and quantity of food demanded by a young and tender infant? Having prepared the pap, or cracker stuff, she lays the child flat on her lap, with its head down, and begins to stuff it with a spoon, until its little stomach is so full it cannot *hold* any more while in that position, when she raises it up, and sits it down on her lap with a jolt, so as to *settle* it a little, when at it she goes again, pouring down teaspoonful after teaspoonful, until it begins to run over at the corners of its mouth, when without any ado, she scrapes it up with a pap spoon, and forcing it into the mouth, holding the spoon over it to crowd it down, and prevent its escaping.

When a child's stomach is crammed in this way, much as you would stuff a sausage, the walls of the stomach begin to ache, and the child begins to scream with pain and distress, when the poor, foolish, ignorant mother fancies "the child is crying because it is so hungry!" so at it she goes and stuffs it again, until its little stomach is almost bursting, when nature comes to the immediate relief of the child, and summoning all her latent powers, causes the child's stomach to contract spasmodically, and throw up the *excess of food* in the process of vomiting, when the mother says, "Why, just see how the poor child's stomach is all out of order! No wonder it can't digest anything!" So at it she goes to put it in order, giving it that mother's blessing but *infant's curse*, Mrs. Winslow's Soothing Syrup, and Godfrey's Cordial, paregoric, pumpkin seed, catnip tea, &c., until the child wears out, becomes exhausted, and dies, or grows up a miserable wreck of what it ought to be, and becomes a wretched victim of dyspepsia all his days. It is, indeed, very true that many diseases are *inherited*; but much of the health and happiness which we enjoy in after life, will depend upon our treatment in infancy. Again, the child being taught, as before mentioned, in infancy to *cry* for what it requires to maintain its existence, grows up under this baneful instruction; and soon it will come to have many *artificial wants* that should not be gratified,

because their gratification would be a positive injury; and when *denied*, then it demands what it wants in loud screams, at the top of its voice, and so becomes cross, crabbed, and irritable, in fact, the very pest of society. In this way *mothers educate* their children to be ugly and unamiable, bawling and screaming continually, if all their whims, wants, and fancies, are not gratified on the instant they are manifested.

Again, it often happens when the mother does not wish to gratify all of the child's unreasonable whims and wants, that she will resort to equivocation and deception. For instance, when the child wants the sugar, it is common for mothers to cover the sugar bowl, and say, in reply to the cries and screams of the child for more, that "the sugar is all *goney*!" Pretty soon the child gets a peep at the *inside* of the sugar bowl, and finds out that the sugar is not "all goney!" This is lesson second, and is often repeated, and so the child is taught to deceive and lie just like its own mother; and, with such training, often grows up to be a deceitful, lying scamp. It is often said that early impressions are the most indelible. It is a fearful thing to think of the responsibility that rests upon the young mother in the treatment of infancy.

Children, as soon after birth as it may be convenient or practicable, should be washed, or rather sprinkled, with tepid water once or twice a day, and well rubbed afterward. This practice should be continued every day, summer and winter, except in case of illness, and even in most cases of fever it may be used with advantage.

In regard to food, it should be given to them at stated intervals, as often as once in about three hours during the day time, and not when they cry, as is the general custom. In fact, children often cry because they have taken too much food. Children should not be nursed during the night, as the habit thus acquired is exceedingly pernicious, and injurious to both mother and child. The Creator seems to have designed that the night should be devoted to sleep and rest. From the hour of weaning, at ten or twelve months, until after the first teeth are formed, the best food is *coarse* bread and milk. The outside part of wheat abounds in the materials forming *bones* and muscles, and keeps the bowels regular. After the first teeth have been formed, then a greater variety of food may be used, but no meat, until after the most critical period of the second dentition. It is probable that a large proportion of the diseases and deaths occurring in infancy, are

produced by the too frequent use of animal food. At least, this is the opinion of our most eminent medical authorities on this subject.

While the child is attending school, all kinds of *wholesome* food will be useful and proper, if cooked so plain as not to tempt the appetite to eat a larger quantity than the stomach can digest. All children are inclined to drink too much, and this desire should be firmly discouraged, especially at meals, as it encourages and facilitates rapid eating. The only drink should be water, with milk at meals. Sugar is one of the most indigestible of all substances, especially in its solid form; and its use should be carefully restricted. The child's stomach will bear a certain amount of it without producing evil consequences; but if this amount is habitually exceeded, the healthy state of the blood will soon become impaired. Indeed, some of the most violent and dangerous attacks of cramp in the stomach, and colic, I have ever witnessed, have been produced by the too-free use of sugar in its various forms, and at different periods of life. In nearly every instance, it is the greatest enemy of the victim of indigestion.

The habit of adding sugar in large quantities to the food used by little children with feeble digestive organs, and invalids, cannot be too severely condemned as a most pernicious practice. In fact, the sugar used in tea and coffee has often, in my own experience and observation, been the cause of many of the evil effects attributed to their use. The use of all stimulants in infancy should be carefully avoided. How little mothers think of the consequences in after life of that education of the appetite for artificial stimulants they often foster and encourage in infancy, first for tea, coffee, and then beer, and finally alcohol in all its different forms. Happy are they who have never learned to use any of them in early life! Their lives may be insured at a very low premium! In youth, exercise should be regularly *enforced* as a duty. This will rarely become necessary, as the natural exuberance and overflow of the spirits of youth prompts them, if not repressed, to engage in every variety of exercise. When it is practicable, this exercise should be in the sunlight and open air. Even infants should be carried out into the *sunlight* and open air soon after birth, and every day. And, finally, every family of moderate means should convert their attic into a large play-room for the use of their children during stormy and inclement weather. This would be attended with compara-

tively little expense, and would contribute immensely to the health and happiness of their children.

Nor can I close this little article on the treatment of Infancy and Childhood, without alluding to the influence of moral causes upon the growth and health of children. The manifestation of cheerfulness and kindness on the part of their parents or guardians, will make their young hearts leap with joy, and send their blood with a thrill of rapture throughout the entire system, strengthening and invigorating every organ of the body. While the exercise of unnecessary harshness and cruelty, causing little children to live in constant fear of punishment, threatened and scolded for slight and trivial causes and offenses, will exert a most pernicious influence upon the growth of the vital organs, especially at this young and tender period, when education and growth are going on together, producing frequent sighing, and imperfect respiration, with pulmonary debility, and a languid circulation of the blood, preventing the full and perfect growth of the body. Who can look at the sad, gloomy, and sorrowful expression of little children subjected to a systematic and persevering system of harshness and cruelty on the part of their parents and guardians, and witness their pale and shriveled faces, their stunted forms, and imperfect growth, without feelings of pain and regret. The light of their countenances, and the joy of their young hearts, all gone out, leaving them pale and shriveled, looking like little *premature* old men and women! What a wonderful and pleasing contrast is presented, when we look at the bright and beaming eyes, the rosy cheeks, and happy faces, so full of health and glee, the merry, ringing laugh, the elastic step, and vigorous health, presented by the children of kind, tender, and sympathizing parents!—*The Physiologist*.

Turkish Baths Once More.

BY R. T. TRALL, M. D.

WE have not succeeded in making our position in relation to the subject of Turkish baths very precisely understood, judging from the tenor of several communications which have reached us. Several correspondents wonder at our opposition to them, in view of the wonderful evidences they have seen of their efficacy. One assures us that he has known a bad cold to be speedily cured; another avers that he has known rheumatism cured in a week; a third person states that

he has taken several, and felt all the better for it; a fourth declares that he has luxuriated in them occasionally, with seeming advantage; and all seem to wonder why we should oppose them; and they claim that heat, water, and friction—the integral elements of a Turkish bath—are hygienic agents, &c., &c. Now, all of these persons write in utter ignorance of our position in relation to Turkish baths. We do not object to heat, water, or friction, *per se*. We do not object to their use; but we do object to their abuse. As to their marvelous virtues, as claimed in the above cases, it is enough to say that severe colds, rheumatisms, incipient fevers, &c., are very frequently removed in a few days, and often in a few hours, by means of the wet-sheet pack, the ordinary vapor bath, and even by the common warm bath. We do not deny that the so-called Turkish baths in this country, and the real Turkish baths in other countries, may be employed usefully and remedially in many cases. But, as they are employed in this country, taken all in all, they are vastly more injurious than useful. We have known many invalids in New York to be seriously damaged by them, and in some cases they have been actually killed by them. But it is very true, nevertheless, that the *same persons* might have been exposed to heated air of a moderate temperature and bathed with tepid or cool water, not only without injury, but with benefit; and here the ordinary baths of all first-class "*Water Cures*" would answer all useful purposes.

It is certainly a great convenience in cities where the dirty public is too hurried, too ignorant, or too negligent, in the matter of personal cleanliness; where the great masses of the people will live grossly, and will not take time and pains to cleanse themselves in the ordinary Hydropathic way, to have the extraordinary appliances of high heat, much sweat, and ample friction. But, these processes are necessarily wasteful of vitality, and, if too frequently repeated, may induce chronic invalidism or premature death. To apply them safely requires a thorough knowledge both of physiology and pathology. It is true that persons of vigorous constitutions can bear them weekly, or even daily, without apparent injury; and many feeble persons will feel better for a little time after each bath. But these immediately pleasant or pleasurable effects do not by any means prove that the baths are not debilitating. The ordinary hot baths, when long continued, and the use of tea, coffee, liquor, tobacco, and opium, are generally followed by pleasurable

sensations both of body and mind; but what physiologist will pretend that their ultimate effect is not exhausting to vitality?

Those who are running Turkish baths as a business, so far as we are informed, are governed only by considerations of the almighty dollar. The profit of the business depends on the number of baths; hence the proprietors stand in the same relation to their patients that the rum-seller does to his customers. If the liquor dealer can sell drinks enough, his fortune is made. And the nostrum mongers who are deluging the land with alcoholic "bitters," and "cordials," and "rejuvenators," commend their stuff to universal humanity on the same ground that the Turkish bathers do their processes—they are *luxuries in health, and vitalizers in disease*. As soon as the masses of the people can be taught the simple lesson that air, water, food, and exercise, are the only vitalizing agents in the universe, the days of quackery and medical humbuggery will be numbered. To make Turkish baths pay, all persons in all conditions are urged to take them. They are managed on strictly commercial principles; and as the "tepidarium," and "sudatorium," and "frigidarium," have been trumpeted to the world as combining, when all are brought to bear on the patient, all that is curative and vitalizing in materia medica—just as the empiric runs his bitters or his pills—the patients are led to expect a moderate cooking, and the proprietors, to give satisfaction, are obliged to kill a certain proportion in order to carry out the programme and keep up the excitement.

It is true that, in many cases, the so-called Turkish baths are no Turkish baths at all. The patient is moderately warmed, bathed with tepid water, and rubbed or shampooed. This is useful as far as it goes; and this is, and always has been, a part of the Hygienic practice. To call these processes Turkish, Russian, Persian, or Oriental baths, is, of course, speaking commercially, the way to get customers; and this manner of doing business may be placed in the long category of "white lies," or "innocent humbuggery," which so many persons seem to think is justified by the ignorance and prejudice of the people. But, we think, it would be an equally useful and far more noble work, to educate the people aright by teaching and practicing the exact truth. Of course, the *honestest* way may not pay the best. It is always easier to make money by pandering to perverted tastes and responding to popular ignorance, than by opposing the one and enlightening the other. People pay readily and liberally for being

petted, pleased, and pampered, although they are debauched and ruined at the same time, while they will grudge, as they would to yield their teeth, every penny that goes for correction, reformation, and instruction. And herein is the great temptation to medical quackery. And this is why so many who undertake to be Health Reformers, and who become proprietors of "Water Cures," "Hygienic Institutes," and "Homes" for invalids, run into some specialty of practice, as "Electropathy," or "Movement Cure," or "Light Gymnastics," or "Lifting Cure," or "Electro-Chemical Baths," or "Turkish Baths," or connect hotels or drug shops with their "Homes" or "Cures," or stuff and gorge their patients on mush, slush, milk, sugar, poached eggs, &c. Is it not a pleasanter business to pander to morbid appetences, respond to the popular demand, and be well paid, than to reform and instruct them, and receive little money and less thanks? A well-known "Water-Cure" physician said to us, not long ago: "Formerly, when I kept a Hygienic table and carried out the system strictly, I could keep from fifteen to twenty patients; but they would only pay a dollar a day, and *grumbled continually*. But since I have adopted the hotel table, and give them a little medicine occasionally, I have fifty to one hundred patients who pay two dollars a day, and *all are satisfied*." There is an important lesson of practical worldly wisdom in this experience, but what true and honest Health Reformer wishes to keep a hotel or a drug shop, pay or no pay? A hotel or a drug shop is as black an appendage to a Health Institution as a rum shop would be to a Christian church.

There is no doubt that the bathing rooms of all our Health Institutions are susceptible of improvement. The Hygienic system is still in its infancy. Within a dozen years its dietary has been greatly improved in all of our truly Hygienic institutions; our methods of exercise and rest have been modified and altered for the better; and our bathing processes should be no exception to the law of progress. The "cold-water" cure, so much in vogue twenty years ago, is seldom mentioned now-a-days. But, to go from one extreme of temperature to another—from extreme cold to excessive heat—is no improvement at all. Either plan administered indiscriminately to all who apply is sure to do more harm than good. Because prolonged exposure to water at 40° to 60° is injurious to most invalids, it does not follow that heated air at 150° to 200° is beneficial; nor that prolonged vapor baths are not injurious. In the early history of Thomsonianism, many

persons were sadly damaged and debilitated for life, by being kept in the vapor bath ten minutes too long. Persons of good constitutions, who have no serious local diseases, and whose circulation is well balanced, may be able to bear either extreme of temperature without appreciable damage, and even with apparent benefit. But, the laws of vitality cannot be set aside; and whether the patient feels good or bad immediately after the process, he does, and must, suffer in the needless expenditure of vital power.

In conclusion, we repeat, we are not opposed to the Turkish bath *per se*, or as it might be; but we are opposed to it as it is made the occasion of quackery and humbuggery, by ignoramuses and renegade Hygienists; but we are in favor of *American baths*, combining all the virtues, and none of the vices, of Turkish, Russian, Persian, Roman, Oriental, &c., baths. Such baths could easily be constructed and managed, in the large cities, and probably will be, sooner or later; but probably they could not draw an "American audience" as they would if labelled by some foreign title, and advertised on false pretenses. They would, however, lead the people in the way of intelligence and truth, instead of keeping up the drug-medical delusion that there is remedial and vitalizing virtue in things outside of, and incompatible with, the living organism.

To Correspondents.

H. C. writes from New York:

Dr. Lay: I am troubled with disordered stomach, more or less, and frequently have sore mouth, with spots like red canker. Sometimes have dizziness when I arise suddenly. My diet is chiefly graham bread, "johnny cake," potatoes, milk, butter, ripe fruits, &c. Eat no pork, and very seldom any meat, and drink neither tea nor coffee. Eat two meals per day, and sometimes a lunch at 5½ o'clock. Occupation, mechanic; age, 19. Have had a good deal of sickness.

Will you please perscribe for me through the REFORMER.

You are suffering from torpid liver, congested brain, dyspepsia, etc. You should persistently abstain from the use of butter, and the less milk you eat the better. Take your two meals regularly, and nothing between meals.

The hydropathic treatment indicated is: fomentations over liver, wearing the wet girdle a portion of each twenty-four hours; sitz baths; general baths, etc; and freedom from over labor, spending much of your time out of doors.

E. T. C. writes from Rhode Island:

I am a farmer; have given thought to the hygienic system of medicine for twenty years. Had a little girl very sick of typhoid fever; some thought she would die. Could get no hygienic physician in the State, so had to treat her myself. By seventh day of fever she was extremely restless; apparently distressed in bowels; would turn from side to side with the head, and scream at every turn, hour after hour. An M. D. thought there was ulceration of abdominal glands. No sleep, no rest, and consequently exhaustion. Something must be done. Applied hot fomentations to bowels; got relief for one day, but no longer. What was to be done? no experience, no doctor. Tried the means I thought applicable to the case, in vain. Now, evidently, something more should have been done, or else the patient left to nature so far as the particular difficulty was concerned. We non-professional people, who can't get hygienic doctors when very sick, want to know how to proceed under difficulties. What special should be done in such cases? The general plan for treating fevers I understand theoretically, as taught by Trall, Shew, &c.

Tepid enema, used freely; also sitz and foot baths, rubbing the bowels with the hand while in the bath, are frequently very necessary adjuncts in such cases. Fomentations alone are sufficient in some cases.

I would like to have your advice, in the REFORMER, in my case. Am 52; common weight, 125 lbs.; have lived for more than two years a vegetarian; have eaten no pork for more than ten years; of late, eat plenty of fruit, cooked and raw; bread made of unbolted flour, and unleavened; use no condiments except a little sugar; bathe once a week; work tolerably hard, in and out of doors. Slight injuries and small sores do not heal; and why? Could there be too much acid in my blood, from eating plenty of fruit? Some dropsy around the sores. Have more boils than usual. I am ashamed of myself; being a vegetarian. People look and wonder at me. I am in distress. Assist me with your advice.

J. R.

The sores and boils on the surface undoubtedly are the result of an effort of the system for the purpose of purification, or, in other words, to remove impurities that have been engendered by past bad habits of living; consequently, is remedial in its nature. Had this gentleman continued his previous unhygienic living, the impurities, instead of finding an outlet on the surface of the body, would probably have remained in the body until the internal structure had become diseased; thus, much more seriously affecting the vital organs, and endangering life.

Dr. Lay, Dear Sir: I am an interested reader of the REFORMER, and would like to be informed what treatment and diet are best for what is termed the universal disease, dyspepsia and liver complaint, and irritation of the bowels (and emissions once or twice a month). Age, twenty;

common sized; weight, one hundred and thirty; single.

I have taken home treatment several months; taking two packs a week, and hip baths the remaining days, at 10 o'clock; about 85° or 90°. Live strictly hygienic, use nothing but grains and fruits, no seasonings. Used fruit freely, but now take it only at breakfast; and graham bread and mush for dinner. Breakfast at 7, and dinner at about 2; taking about 1½ lbs at a meal. When I commenced treatment I was able to do a half day's work, but lost strength gradually, and now am hardly able to take treatment without help, am so very weak in the small of my back, and get tired at night by lying. Night hours, 8 to 6; one hour's rest at 12. Drink no kinds of liquid, which used to create irritation. H. C.

This is one of many cases coming to our notice, where people overdo the matter in treatment. It is no wonder that this gentleman has lost his strength. He is taking too much treatment, and eating too little. There is not much nourishment in some kinds of watery fruit. In all probability the change has been made very suddenly from a mixed and gross diet to the one he has now adopted. Many fail by making the change too suddenly, when suffering from some chronic disease; at the same time imposing a heavy tax upon themselves, either by over-labor, or by too large an amount of water treatment. We have found, from experience, that such cases need to be managed carefully; if not, the patient soon grows weak, loses flesh, and many times loses his confidence in the system; when, if they would not take quite so radical a course to commence with, make their changes more gradually, and not take so heavy treatment, the result would be much better, both as regards their health, and their confidence in the hygienic system. This gentleman should use quite a variety of good, nourishing, hygienic food—making his variety at different meals—and should eat a reasonable amount. Should leave off his packs, taking a small amount of water treatment. But his best course is to go to a good hygienic Institution without delay.

G. N. writes from Massachusetts:

I am troubled very much with cold feet, especially nights. I take a foot bath every night; quite warm water, three minutes; cold, half a minute. Is this right? Will taking this foot bath every night weaken the circulation in my feet, and render them more sensitive to cold?

Is it a wholesome practice to have a jug of hot water put to my feet every night? I am so cold that it is hard for me to straighten out in bed unless I have something of this kind at my feet.

Every morning, on rising, I take a hand bath, dipping my hands into cool water and rubbing my abdomen and legs; then friction with dry hands. Is this right?

Are sour apples as wholesome as sweet one?

A foot bath every night is oftener than we would prescribe for most cases. But just how often they should be prescribed in this case we are not prepared to say without knowing more of the particulars of the condition of the patient.

Having the feet placed against a hot jug, at night, has a tendency to injure the feet, and also to congest the brain. It is well in some cases to have a hot jug in the bed, but not so near the feet as to touch them. Whether your morning bath is what you need, or not, is impossible to tell from the limited description of your case. We would say, however, other things being equal, the morning is not so good a time for a bath as later in the day. Especially will this apply to feeble persons, as they have much less power to react on rising than they do at near the middle of the day.

Both sour and sweet apples are wholesome. The mild sour ones are much better than those that are very sour. In some cases of dyspepsia, mild sour apples are the best, in others, sweet ones.

On Sleep.

THE matter of sleep is of much importance to the invalid in order to secure health, and for the healthful person in order to retain it. Sleep is that state of the body in which the internal and external senses and voluntary motions are not exercised; or, it is a temporary suspension of the relation of the brain to some parts of the body. Nature has designed sleep for both renewing, during the silence and darkness of the night, the vital energy which has been exhausted through the day, and for assisting nutrition.

We recognize the necessity of sleep when a general feeling of fatigue and weakness overtakes us; when our motions become more difficult, our senses lose their activity, the mind becomes confused, and receives sensations indistinctly, and we therefore seek obscurity and silence, and sink into the arms of oblivion.

During sleep we lose successively the use of our senses. The sense of vision first ceases to act, by the closing of the eyelids; then the taste; the hearing becomes dormant only after the smell; the respiration and circulation become slower and more deep, and, in consequence, digestion becomes less rapid.

The first question which arises is: Where shall we sleep? The room in which we sleep should be well ventilated, for, if this is not the case, we re-breathe the air already exhaled from our lungs, causing sickness and,

often, death. It has been stated with truth, that there are more victims annually who have fatal and dangerous diseases engendered from this cause than have occurred in any cholera epidemic in this country. The windows in the room should be kept open during the day, and kept slightly open all night. It is a popular error to act on the presumption that the smallest room in the house is large enough to sleep in. The bed-chamber should not be used for any other purpose than for what it is intended: it should not be your reading-room, or your workshop, or your sitting-room. Leave nothing in it which can diffuse disagreeable odors, or that can exhale deleterious gases; neither vases of flowers or fruit. Keep everything out of the room that has any odor whatever.

Eight hours' sleep out of the twenty-four is indispensable to many or most persons to retain health and vigor. Some persons seem to imagine that every hour taken from sleep is an hour gained. Sleep is prolonged by the fatigue of the muscular system, strong exertions of the mind, lively and multiplied sensations, as well as habits of idleness, and the immoderate use of strong aliments. Infants and youth, whose life is very active, have need of longer repose. Riper age, more frugal of time, and tortured with cares, devotes to it but a small portion. The best mode of regulating sleep is to go to bed at regular hours, and rise the moment you awake in the morning, and do not take a second sleep or drowsing.

By uninterrupted and peaceful sleep, restrained within proper limits, the powers are restored, and the organs recover their facility of action; but, on the other hand, if sleep is troubled by disagreeable dreams, and painful impressions, or even prolonged beyond measure, very far from repairing, it exhausts the strength, fatigues the organs, and very often becomes the occasion of serious diseases.

Sleep is a great antidote for irritability of temper, peevishness and uneasiness. To an overworked brain it will restore to vigor more effectually than any other remedy known.

But very often it happens that we cannot acquire sleep. If the habit of sleeping well is broken up for any length of time, it is not easily regained. This is often cured by taking sufficient exercise to produce weariness, bringing the muscular system a little more into use. If this be done, together with the provision of a good, clean bed in a well-ventilated room, the stomach kept clean, and conscience clear, there would be no cause for those who are overworked, haggard and nervous, to pass sleepless nights.

A most common error is to load the stomach before retiring. Four hours, at least, should elapse before going to bed after having eaten. If this is not done, the food would not be well digested. Nightmare is generally caused by the presence of undigested food in the stomach while asleep. Plain, wholesome food, therefore, should be eaten at regular hours, and in moderate quantity.

The turn which the ideas assume during sleep, or the nature of dreams, depends much on the state of the organs. If the stomach is overcharged with undigested food, the respiration difficult on account of position or other causes, dreams, fatiguing and painful, are the consequence. The character of dreams is no less influenced by habitual occupation of the mind.

Sleep may be induced, frequently, by brushing the hair briskly, so as to redden the scalp in a slight degree; or, by the friction of the skin. In some persons, soothing sounds will have a similar effect. A warm bath may also be employed with advantage for the same purpose.

If more care would be taken in where, how, when, and how long, to sleep, there would be brighter and merrier faces seen in our midst than there are now, and it would fit a person more fully to enjoy the higher walks of life with less trouble and anxiety.

VALENTINE HAMMANN.

New York City.

LITTLE, BUT MIGHTY!—Perhaps it is not generally known that the much-talked-of *trichina spiralis*, or pork-worm, was first discovered in America by Dr. R. C. Kendall, of Philadelphia, Pa., with an American microscope, known as the Craig Microscope, costing only \$2.50, after repeated failures to discover the worm with an imported microscope of "feebler power, and less reliable, costing \$55." This fact Dr. Kendall stands ready to prove at any time.

FATIGUE.—In order to understand the influence of an irregular expenditure of force, we need only to remember that when greatly fatigued we lose our appetite, and that when the stomach is full of activity the limbs are indisposed for performing hard work. Insufficient nourishment and fatiguing work, during the period of growth, stop the corporeal development of the individual.—*Liebig*.

SANDS form the mountains; moments make the year.

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